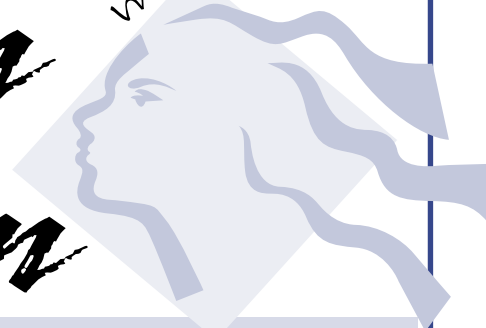


Michigan Women

A Publication
of the
Michigan
Women's
Commission

Winter 2008



◆ GOVERNOR JENNIFER M. GRANHOLM ◆ DEPARTMENT OF CIVIL RIGHTS DIRECTOR LINDA V. PARKER ◆
◆ CHAIR EMMA BELL ◆ EXECUTIVE DIRECTOR JUDY KARANDJEFF ◆

New Report on Women's Health

Making the Grade on Women's Health: A

National and State-by- State Report Card 2007

(October, 2007) is the fourth in a series assessing the overall health of women at the national and state levels issued by the National Women's Law Center (NWLC). According to the NWLC, the Report Card is designed to promote the health and well-being of women in the United States by providing a comprehensive assessment of women's health, both nationally and state-by-state. It evaluates 27 health status indicators

and 67 health policy indicators, and assesses the progress in reaching key benchmarks related to the status of women's health and meeting key policy objectives. It compares data to a similar study done three years ago. The complete report is available at www.nwlc.org.

The report found that the United States receives an overall grade of unsatisfactory and no state received an overall grade of satisfactory. Michigan was ranked 30th in the United States and received an overall grade

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Key Highlights in Michigan:

Women without Health Insurance	F
Access to pap Smears	U
Access to Mammograms	S
No Leisure-Time Physical Activity	U
Annual Dental Visits	S
Coronary Heart Disease Death Rate	F
High Blood Pressure	F
Life Expectancy	F
Poverty	F
Wage Gap	F
High School Completion	S

Grade Key: **S**=satisfactory; **S-** = Satisfactory Minus;
U = Unsatisfactory, **F** = Fail

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New Report on Women's Health

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of Unsatisfactory. There are four categories: 1) women's access to health care services; 2) addressing wellness and prevention; 3) key health conditions, diseases and causes of death for women; and 4) living in a healthy community.

This Report Card is intended to motivate everyone to work toward improved health for the future. Have you scheduled a physical, mammogram or dental visit in 2008? Are you regularly exercising? Let's resolve to make 2008 our healthiest year ever.



Talk Early & Talk Often

The nationally recognized *Talk Early & Talk Often* parent education initiative aimed at helping parents of middle school youth talk with their child about abstinence and sexuality is once again available to any parent group in the school, community, healthcare or church setting. The 90-minute workshop is free of charge. It is aimed at helping parents recognize and use opportunities to open the door for conversation, listen and respond with greater confidence and skill and to feel comfortable seeking outside sources of information. In the fall of 2005 the workshop was piloted in 60 communities across Michigan.

Talk Early & Talk Often has received high praise from parents, educators and community leaders and has continued to be implemented statewide. Hosting a workshop is a great opportunity to offer parents the skills and knowledge they need to keep their kids safe and healthy.

If you are interested in hosting a workshop please contact Barb Flis, Coordinator at 248-538-7786 or teto@michigan.gov. For more information about the *Talk Early & Talk Often* Parent Education Initiative go to www.michigan.gov/miparentresources.

Mentor Michigan



In January, Governor Jennifer M. Granholm and First Gentleman Daniel G. Mulhern announced there are a record number of mentors and children being mentored in Michigan according to the recent Mentor Michigan census. The governor and first gentleman encouraged more volunteers to become mentors.

Governor Granholm cited a number of key statistics on mentoring that are based on the census completed by Kahle Research Solutions, Inc. They include:

- There are 20,603 people mentoring children in Michigan - 4,200 more than in 2006 and 11,500 more than in 2004.
- An estimated 35,000 children are being mentored.
- Women outnumber men when it comes to being a mentor; currently 61 percent of mentors are female, while 39 percent are male.
- While 54 percent of mentees are children of color, only 35 percent of the mentors are people of color, a disparity that creates a dilemma for mentoring programs trying to match children with mentors from the same ethnic and gender backgrounds.
- Geographic and gender disparities between potential mentors and mentees are among the reasons why nearly 3,500 children are currently waiting to be placed with a mentor in Michigan.
- The capacity of mentoring programs to serve children has increased by 6,000 matches since 2003.

As Michigan's first gentleman, Mulhern spearheads the Mentor Michigan initiative and notes that more than 500,000 children in Michigan could benefit from having a mentor.

The Michigan Community Service Commission has program information and resources on the Mentor Michigan Website to help future mentors find mentoring organizations in their community. If you are interested in being a mentor, call 800 VOLUNTEER visit www.mentormichigan.org and click on "Be a Mentor." We hope you will consider being a mentor!

WOMEN'S COMMISSION FOR OAKLAND COUNTY

On November 29, 2007, the Oakland County Board of Commissioners voted unanimously to establish a Women's Commission. With the leadership of Oakland County Commissioner Marcia Gershenson, a resolution was adopted establishing a 25-member commission appointed by a respective Oakland County Commissioner and two County Commissioners who serve Ex Officio, for one year, December 31, 2008. The Women's Commission for Oakland County shall:

1. Enact bylaws for its own governance.
2. Hold public meetings and fact-finding hearings and disseminate information to the Oakland County Board of Commissioners, the County Executive, public agencies and the public.
3. Use voluntary services of private individuals, agencies and organizations which may be offered and needed from time to time.
4. Work with and obtain statistical information from Oakland County's Planning and Economic Development Services Department and other governmental and human services agencies.
5. Provide a report to the Oakland County Board of Commissioners and County Executive on or before the last Board of Commissioners' meeting of the 2008 calendar year.

In addition, Michigan currently has the Michigan Women's Commission and the Ingham County Women's Commission. We look forward to working together to improve the lives of Michigan women.

TEEN DATING VIOLENCE WEB SITE

The Michigan Domestic Violence Prevention and Treatment Board launched a teen dating violence web site, www.michigan.gov/datingviolence, to help teens and young adults recognize the signs of dating violence, stalking, sexual assault and domestic violence and how to seek help for themselves or for their friends experiencing violence.

The board, whose members are appointed by the governor, is charged with efforts to eliminate domestic violence and is housed within the Michigan Department of Human Services.

The teen dating violence web site, developed with input from teens and domestic violence service providers, serves as a companion to the educational materials released in 2006 to all Michigan public, private and alternative high schools. These materials also are available in Spanish.

The 2005 Uniform Crime Report from the Michigan State Police Criminal Justice Information Center identified 58 intimate partner homicides and 70,056 domestic violence offenses in Michigan. One in every five high school students reports being physically or sexually abused by a dating partner.

For more information about domestic violence prevention efforts, visit www.michigan.gov/domesticviolence or www.michigan.gov/datingviolence.

Women's History - It's Closer Than You Think!

Grand Rapids - The National American Women's Suffrage Association

The National American Woman's Suffrage Association held its annual convention in Grand Rapids in 1899. Visit the Grand Rapids Public Library Woman's Suffrage Collection which has original documents sketching the participation of women in the suffrage movement, primarily between 1908-1920 in Grand Rapids. The collection includes periodicals, such as the Michigan Suffragist, Woman Weekly, and Woman Citizen, plus newspaper clippings, and minutes from the annual convention of the National American Woman Suffrage Association, held in Grand Rapids in 1899.

See http://www.grpl.org/collections/grhsty_spcoll/exhibits/civilrights/civilrights3.html for pictures of state suffrage campaign quarters in GR and Emily Burton Ketchum, a leader in the suffrage movement in Grand Rapids. See also <http://www.grmag.com/features/04-05/04-05.htm> for more about her leadership role.





Them Bones!

Did you know our bones only grow until the age of 25 and that osteoporosis can actually begin in your teens? It is possible for women of all ages to take important steps toward preventing bone disease by increasing and protecting our bone mass. Check out these recommendations to prevent and ease the symptoms of osteoporosis...

Things You Can Do to Improve Your Bone Health Today!

- **Eat a balanced diet** rich in calcium and vitamin D, which helps your body absorb calcium. Try dark and green leafy vegetables, beans, yogurt, salmon, shell fish, and foods made with whole grains.
- Do **weight-bearing and resistance-training exercises** like weight lifting, resistance cord routines, lunges and squats.
- Maintain a healthy lifestyle with **no smoking or excessive alcohol intake.**
- **Talk to your healthcare professional** about bone health and bone density testing.

Talk to your health care provider about these and other risk factors. A simple blood test will tell you if you are diabetic or at risk of developing diabetes.

For more information on this topic: <http://www.cdc.gov/nccdphp/dnpa/bonehealth/>

Visit the National Women's Health Information Center
for information on over 800 health topics at
www.womenshealth.gov and www.girlshealth.gov

Women's Hall of Fame

Michigan has produced a number of remarkable women whose accomplishments and contributions have been of major significance. The Michigan Women's Hall of Fame recognizes these women annually.

To nominate a woman to the Michigan Women's Hall of Fame, complete a nomination form and return it to the Michigan Women's Hall of Fame at 213 West Main St., Lansing, MI 48933. All nominations are due on or before March 21, 2008. To get a form call (517) 484-1880 or go to www.michiganwomenshalloffame.org.

A Women's Exchange

On October 26, the Michigan Women's Commission hosted another networking meeting with Michigan women's organizations. We especially thank Representative Rebekah Warren for sponsoring our use of the Mackinac Room in the Anderson House Office Building. We had 60 participants representing over 50 organizations. Our agenda was filled with excellent reports about the priorities of the organizations, and a panel of women, including Representatives Joanne Emmons and Rebekah Warren, on working to get more women in elected



office. Thanks to the work of Commissioners Woods and Matish, Liaisons Maxine Berman and Cynthia Grubbs, and Jean Doss and many

others for making the day possible. While we know not everyone could attend, it was a wonderful opportunity to exchange ideas and gain inspiration

for the work that lies ahead! For a complete summary of the event, please see the information on our website www.michigan.gov/mdcr.

Creating Opportunity in a Changing World

Diversifying our Economy, Educating our People

On Tuesday, January 29, Governor Jennifer M. Granholm presented her 6th State of the State.

She focused on four priorities:

- a job for every worker
- education for every child and training for every citizen
- health care for every family
- safe places to live and work for all of us.

She also introduced new tools for aggressively creating and attracting jobs, for growing a new alternative energy industry to replace lost manufacturing jobs, for improving education for every child, and for protecting citizens' pocketbooks.

The Governor also introduced a new Michigan stimulus package to create construction and other jobs committed to getting Michigan workers the training they need to transition into new jobs.

She also urged passage of numerous pieces of legislation, including raising the dropout age from 16 to 18 years of age and providing a full-day mandatory kindergarten.

All of the initiatives and tools the Governor introduced are paid for through other cuts in the budget or through one-time monies made available through refinancing of state bonds and debts.

For a complete copy of the speech go to www.michigan.gov.

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CALENDAR

March - Celebrate Women's History Month. See the National Women's History Project for ideas, brochures, press kits, and other tools <http://www.nwhp.org>

March 8 - International Women's Day International Women's Day (IWD) is the global day connecting all women around the world and inspiring them to achieve their full potential. (<http://www.internationalwomensday.com>)

March 12, 10:00 a.m., Lansing, 110 W. Michigan Ave. Michigan Women's Commission meeting, Call (517) 373-2884

March 14 - March 15, Michigan Women's Studies Association Annual Conference, at Eastern Michigan University, Ypsilanti. Theme: "Raising Our Voices: Power, Politics and Gender." Details and registration at <http://www.emich.edu/wstudies/mwsa>.

April is Sexual Assault Awareness Month (www.ncadv.org)

April 7 - Deadline to register for School and Local Elections. (www.michigan.gov/sos)

April 22, Equal Pay Day

This indicates the day when a woman earns what a man earned in the previous year. <http://www.pay-equity.org/day.html> and <http://www.womenemployed.org>

For a complete calendar go to www.michigan.gov/mdcr - women's commission.

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